

Office of Attorney General  
Terry Goddard  
Child and Family  
Protection Division

# Seniors

A guide to:

- Government Resources
- Health Information
- Housing Information
- Consumer Protection
- Legal Services
- Community Based and Specialty Programs
- Advocacy Groups
- Employment and Volunteer Opportunities
- Internet Sites for Seniors

## Part ONE Social Security and Medicare

### Social Security Administration 1-800-772-1213

Medicare Program General Information

1-800-MEDICARE (1-800-633-4227)

Social Security Online -Official Website

[www.ssa.gov/](http://www.ssa.gov/)

Social Security Online for Women

[www.ssa.gov/women/](http://www.ssa.gov/women/)

People have choices once enrolled in Medicare.

For help in understanding Medicare options

contact the **State Health Insurance Assistance Program (SHIP) Hotline**

**1-800-432-4040**

### Supplemental Security Income (SSI)

assures a minimum monthly income to people with limited resources and income, who are 65, blind or disabled. Eligibility is based on income and assets.

**1-800-772-1213**

**The Arizona Health Care Cost Containment System (AHCCCS)** is Arizona's version of Medicaid. Other states have Medicaid programs with different names. Eligibility requirements must be met to enroll.

**602-417-4000**

**1-888-334-5283**

**Medicare Cost Sharing Programs** can assist in paying for Medicare costs. Eligibility and benefit level is based on income. To apply call

**602-417-5010**

**1-800-528-0142**

### Medicare Rights Center

[www.medicarerights.org](http://www.medicarerights.org)

### Senior Medicare Patrols, U.S.

**Administration on Aging** – informs and trains senior volunteers to become better health care consumers.

[www.aoa.gov/smp/index.asp](http://www.aoa.gov/smp/index.asp)

<p><b>Part TWO</b></p> <p><b>Government Resources for Seniors</b></p>
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**Department of Economic Security**  
**Aging and Adult Administration**

Adult Protective Services  
 24-hour toll-free hotline  
**1-877-SOS-ADULT (1-877-767-2385)**  
 TDD 1-877-815-8390  
[www.de.state.az.us/links/aaa/](http://www.de.state.az.us/links/aaa/)

**Office of the Attorney General**

Community Services Program  
 602-542-2123  
 520-628-6500  
 Elder Affairs Hotline 602-542-2124

[www.azag.gov/seniors/satelites.html](http://www.azag.gov/seniors/satelites.html)

Apache Junction

Apache Junction Senior Center  
 1177 N. Idaho Rd.  
*(open Mon. only 9 a.m. to noon)*  
East Valley 480-962-5612

Mesa Senior Center Downtown  
 247 N. Macdonald  
*(open Wed. only 9 a.m.-noon)*  
East Valley 480-218-2221

Red Mountain Multi Generational Center  
 7550 E. Adobe Rd.  
*(open Tues. only 9 a.m. to noon)*  
Green Valley 520-648-1936

Green Valley Mall  
 101-14B South La Canada Dr.  
*(open Mon. only 1 p.m. to 3 p.m.)*

Flagstaff

Flagstaff Family Resource Center  
 1806 E. Route 66  
*(open Mon. 5 p.m. to 7 p.m. and  
 Fri. 10 a.m. to noon)*

Florence 1-866-358-6661  
 Pinal County Volunteer Center  
 94 W. Butte Ave.  
*(hours and days of operation vary, please call  
 ahead)*

Lake Havasu City

Lake Havasu City Senior Center  
 450 S. Acoma Avenue  
*(hours of operation to be determined)*

Tucson

520-624-4125

St. John's Catholic Church  
 Casa San Juan  
 602 W. Ajo Way  
*(hours of operation vary, please call ahead)*

Prescott

Prescott Valley Civic Center  
 7501 E. Civic Circle  
*(open Mon. only 11 a.m. to 1 p.m.)*

San Luis

Fernando Padilla Community Center  
 800 E. Juan Sanchez Blvd.  
*(open Mon., Wed. & Fri. 9 a.m. to 1 p.m.)*

Sedona

St Andrews Episcopal Church  
 100 Arroyo Pinon Dr.  
*(open Mon. 4 p.m. to 7 p.m. and  
 Fri. 9 a.m. to noon)*

Sierra Vista

520-458-4239

Sierra Vista Public Library  
 2600 E. Tacoma St.  
*(open 1<sup>st</sup> and 3<sup>rd</sup> Tues. 2 p.m. to 4 p.m.)*

Somerton

1-866-358-6661

Casa Morena Immaculate Heart of Mary  
 Church  
 300 W. Spring St.  
*(hours and days of operation vary, please call  
 ahead)*

Sun City

623-876-0174

Fairway Recreation Center  
 10600 W. Peoria Ave.  
*(open Wed. and Thurs. 9 a.m. to noon)*

Sun City West

PORA

13815 Camino del Sol  
*(open Tues. and Wed. 9 a.m. to noon)*

**Office of Attorney General  
Terry Goddard  
Life Care Planning**

Offers forms, instructions and information to help people make decisions now about their future health and financial affairs. The following forms and instructions can be downloaded:

1. Durable Health Care Power of Attorney
2. Living Will
3. Pre-Hospital Medical Directive
4. Durable Mental Health Care Power of Attorney
5. Letter to My Agent (Representative)

**602-542-2124**

[www.azag.gov](http://www.azag.gov)

**Long Term Care Ombudsman**

A Department of Economic Security (DES) Aging and Adult Administration program to identify, investigate and resolve complaints made by or on behalf of long-term care facility residents

602-542-4446

[www.de.state.az.us](http://www.de.state.az.us)

**Food Stamps** can help low-income seniors. Applications are available at DES Offices. For a location near you call **1-800-352-8401**

**Utility Assistance** programs help income-qualifying individuals. For information call DES **1-800-353-4088**

**Important Phone Numbers**

Administration on Aging, U.S. Department of Health & Human Services 202-619-0724

AZ Dept. of Banking 1-800-544-0708

AZ Dept. of Economic Security Aging & Adult Administration 602-542-4446

AZ Dept. of Health Services, Women, Seniors and Minorities 602-542-1000

AZ Dept. of Insurance Consumer Information 602-912-8444 520-628-6370

1-800-325-2548

AZ Dept. of Veterans Services

1-800-852-VETS

602-627-3261

520-207-4968

**AZ Long Term Care System (ALTCS)**

Phoenix 602-417-6600

Tucson 520-205-8600

Flagstaff 928-527-4104

Mesa 480-417-6400

Statewide 1-800-654-8713

AZ Pioneers' Home 928-445-2181

Governor's Advisory Council on Aging  
602-542-4710

U.S. Department of State – passport services and information

<http://travel.state.gov>

**Veterans' Affairs Medical Center**

Phoenix 602-277-5551

Prescott 928-445-4860

Tucson 520-792-1450

**Benefits CheckUp**

A free, easy-to-use service that identifies federal and state assistance programs for older Americans from the National Council on Aging. It does not require personal information and is completely confidential.

[www.benefitscheckup.org/](http://www.benefitscheckup.org/)

**Regional Area Agencies on Aging**

offices have been designated by the State to carry out the Older Americans Act at the local level.

Region 1-Maricopa 602-264-2255

[www.aaaphx.org](http://www.aaaphx.org) 1-888-783-7500

Region 2-Pima 520-790-7262

Region 3-Apache, Coconino, Navajo and Yavapai 928-774-1895

Region 4-La Paz, Mohave and Yuma  
1-800-782-1886

Region 5-Gila and Pinal 520-836-2758  
1-800-293-9393

Region 6-Cochise, Graham, Greenlee and Santa Cruz 520-432-5301

Region 7-The Navajo Nation 928-871-6868

Region 8-InterTribal Council 602-248-0071

[www.azdes.gov/aaa/regions](http://www.azdes.gov/aaa/regions)

**Area Agency on Aging**

24-hour Senior HELP LINE

in English and Spanish

**602-264-HELP**

**1-888-264-2258**

**TTY/TDD 602-241-6110**

**Call the Senior HELP LINE for information on these programs:**

**Senior Adult Independent Living (SAIL) Program** – provides services to older and disabled adults.

**HIV Care Directions** – case management program to serve people living with HIV.

**Caregiver Respite** – connects qualified caregivers with a trained, skilled professional for regular and emergency respite care.

### **Part Three Consumer Protection and Legal Services for Seniors**

American Bar Association Commission on the Legal Problems of the Elderly

[www.abanet.org/](http://www.abanet.org/) 202-662-8690

AZ Attorney General Elder Affairs

602-542-2124

AZ Center for Disability Law 602-274-6287

AZ Sr. Citizens Law Project 602-252-6710

AHCCCS Fraud Unit 602-417-4193

1-888-487-6686

Lawyer Referral Services 602-257-4434

Black Elderly Legal Assistance Support Project, National Bar Association

[www.nationalbar.org/](http://www.nationalbar.org/) 202-842-3900

Community Legal Services 602-258-3434

1-800-852-9075

William E. Morris Institute for Justice

602-252-3432

Dept. of Economic Security Aging and Adult Administration Legal Services

602-542-4446

[www.de.state.az.us](http://www.de.state.az.us)

Elder Law Hotline 1-800-231-5441

520-623-5137

Self Service Center 602-506-7353

Senior Law – information on elder law and rights of the elderly

[www.seniorlaw.com/](http://www.seniorlaw.com/)

AZ Attorney General Consumer Fraud Customer Complaints Division

Phoenix 602-542-5763

Tucson 520-628-6504

Greater AZ 1-800-352-8431

Arizona Telemarketing Task Force

602-650-3333 1-800-279-8300

Better Business Bureau 1-877-291-6222

Consumer's Union – nonprofit publisher of Consumer Reports

[www.consumersunion.org/](http://www.consumersunion.org/)

Consumer World – a public service, non-commercial guide of over 2000 consumer resources

[www.consumerworld.org/](http://www.consumerworld.org/)

The Federal Trade Commission has brochures on over 125 consumer protection senior issues. You can also file a complaint online.

[www.ftc.gov/](http://www.ftc.gov/) 1-877-FTC-HELP

National Fraud Information Center

[www.fraud.org/](http://www.fraud.org/) 1-800-876-7060

### **The Resource Directory for Older People**

Information and resources relating to the needs of older people from the Administration on Aging and National Institute on Aging.

**1-800-222-2225 TTY 1-800-222-4225**

[www.aoa.gov/](http://www.aoa.gov/)

### **Part Four Health Information**

#### **Key AZ Department of Health Services Offices and Programs**

AZ Healthy Aging 2010 Project

602-542-1023

Arthritis Program 602-542-1886

Asthma Control 602-542-1886

Native American Liaison 602-364-1041

AZ Cancer Registry 602-542-7320

Well Woman Health Check 1-888-257-8502

Emergency Medical Services 602-364-3186

Division of Licensing 602-364-2536

Bureau of Public Health Statistics

[www.azdhs.gov](http://www.azdhs.gov) 602-542-7333

**U.S. Dept. of Health & Human Services  
National Institutes of Health  
Toll-Free Information Lines**

[www.nih.gov/health/infoline.htm](http://www.nih.gov/health/infoline.htm)

Aging	1-800-222-2225
	TTY 1-800-222-4225
Alzheimer's	1-800-438-4380
	TTY 1-800-222-4225
Arthritis	1-877-226-4267
Cancer	1-800-4CANCER
	TTY 1-800-332-8615
Deafness and other Communication Disorders	
	1-800-241-1044
	TTY 1-800-241-1055
Depression	1-800-421-4211
Diabetes	1-800-860-8747
Heart,Lung & Blood	1-800-575-WELL
Kidney & Urologic	1-800-891-5390
National Library of Medicine	1-888-346-3656
Osteoporosis	1-800-624-BONE
Amer. Cancer Society	1-800-227-2345
	<a href="http://www.cancer.org/state/az">www.cancer.org/state/az</a>
Amer. Diabetes Assoc.	1-800-DIABETES
	<a href="http://www.diabetes.org/adaAZ">www.diabetes.org/adaAZ</a>
American Heart Assoc.	1-800-AHA-USA1
	<a href="http://www.americanheart.org">www.americanheart.org</a>
Amer. Liver Foundation	1-800-465-4837
	<a href="http://www.liverfoundation.org">www.liverfoundation.org</a>
American Lung Association of AZ	
	<a href="http://www.lungaz.org">www.lungaz.org</a> 602-258-7507
	1-800-LUNGUSA
American Parkinson's Disease Assoc.	
	<a href="http://www.azapda.org">www.azapda.org</a> 1-800-541-4960
Amyotrophic Lateral Sclerosis (ALS)	
	<a href="http://www.alsaz.org">www.alsaz.org</a> 1-866-350-2572
AZ Alzheimer's Assoc.	
	<a href="http://www.alzaz.org">www.alzaz.org</a> 1-800-392-0022
AZ Center for the Blind and Visually Impaired	
	<a href="http://www.acbvi.org">www.acbvi.org</a> 602-273-7411
AZ Commission for the Deaf and Hard of	
Hearing	602-542-3323
	<a href="http://www.acdhh.org">www.acdhh.org</a> TTY 602-364-0090
AZ Geriatrics Society	602-265-0211
	<a href="http://www.arizonageriatrics.org">www.arizonageriatrics.org</a>
AZ Kidney Foundation	602-840-1644
	<a href="http://www.azkidney.org">www.azkidney.org</a>
Arthritis Foundation	1-800-568-4045
	<a href="http://www.arthritis.org/">www.arthritis.org/</a>

Crohn's & Colitis Foundation of America  
[www.ccfa.org](http://www.ccfa.org) 1-800-932-2423  
Leukemia & Lymphoma Society  
1-800-955-4572

[www.leukemia\\_lymphoma.org](http://www.leukemia_lymphoma.org)  
Lupus Foundation 1-800-588-0121  
[www.lupus.org](http://www.lupus.org)  
Macular Degeneration International  
[www.maculardegeneration.org](http://www.maculardegeneration.org) 1-800-393-7634  
Mental Health Association of AZ  
[www.mhaarizona.com](http://www.mhaarizona.com) 480-944-4407  
Multiple Sclerosis Society of America  
[www.msaa.com](http://www.msaa.com) 1-800-532-7667  
National Stroke Association  
[www.stroke.org](http://www.stroke.org) 1-800-STROKES  
Parkinson's Research Center  
[www.thebni.com](http://www.thebni.com) 602-406-4931  
(National toll-free numbers can refer you to  
local organizations and services)

**Adult Day Health Care** facilities provide care and supervised activities during the day for seniors at Centers licensed by the AZ Dept. of Health Services. Call the Area Agency on Aging for locations across Arizona.

**FDA Information for Older People** – information for older people on a wide range of health issues. Selected publications are also in Spanish.  
[www.fda.gov/oc/seniors/](http://www.fda.gov/oc/seniors/)

**Healthfinder** – a guide to reliable health information – [www.healthfinder.gov](http://www.healthfinder.gov)

**People's Medical Society** – a non-profit organization to educate seniors about health care and medical rights – [www.peoplesmed.org](http://www.peoplesmed.org)

**Physician Profiles**, AZ Board of Medical Examiners 1-877-255-2212  
[www.docboard.org/](http://www.docboard.org/)

**Webmd.com**-trustworthy, credible and timely health information  
[www.webmd.com](http://www.webmd.com)



## Part Five Housing Information and Resources

AZ Association of Homes and Housing for the Aging 602-230-0026  
 AZ Bridge to Independent Living  
[www.abil.org](http://www.abil.org) 1-800-280-2245  
 AZ Dept. of Commerce Community Planning 602-771-1132

[www.commerce.state.az.us/](http://www.commerce.state.az.us/)  
 AZ Fair Housing Center 602-548-1599  
 AZ State Registrar of Contractors  
[www.rc.state.az.us](http://www.rc.state.az.us) 602-542-1525  
 1-888-271-9286

Kivel Campus of Care 602-956-3110  
 Elder Resource and Referral 1-800-782-1886  
 Foundation for Senior Living 602-285-1800  
 Mercy Housing Southwest 602-840-1630 602-249-7543  
 AZ Pioneers' Home 928-445-2181  
 City of Mesa Housing Services 480-644-3535  
 City of Peoria Housing Development 623-773-7140

City of Scottsdale Housing 480-312-7717  
 City of Phoenix Housing 602-534-2142  
 Shared Living Village for the Elderly 480-921-0134

CareScout – search for assisted living facilities, home health agencies and hospice agencies –  
[www.carescout.com/](http://www.carescout.com/)

Eldercare Locator 1-800-677-1166  
[www.aoa.gov](http://www.aoa.gov)

**Elder Living** – senior communities, assisted living centers, nursing centers  
[www.elderliving.com/](http://www.elderliving.com/)

**Family Caregiver Alliance** – information resource on long-term care  
[www.caregiver.org/](http://www.caregiver.org/)

**New Lifestyles Online** – senior living and care options, online tours of facilities –  
[www.newlifestyles.com/](http://www.newlifestyles.com/)

**Nursing Home Checklist** from Medicare  
 Detailed checklist for rating nursing homes and how to use the information  
[www.medicare.gov/Nursing/Overview.asp](http://www.medicare.gov/Nursing/Overview.asp)

**Senior Citizens-HUD**  
[www.hud.gov/groups/seniors.crm](http://www.hud.gov/groups/seniors.crm)

**Senior Housing Net** – retirement communities, assisted living, Alzheimer's facilities and nursing homes nationwide

[www.seniorhousing.net](http://www.seniorhousing.net)

**U.S. Housing Urban Development (HUD)**

**Section 202 Housing** is senior citizen housing, usually with supportive services. Contact your local housing authority or your Area Agency on Aging for a list of complexes in your area.  
 HUD **1-800-569-4287**

**LIFELINE**, a program of Community Information and Referral, provides increased security and independence for seniors via communication devices. Fees vary.  
**602-263-8856**

**Nursing Homes** in Arizona are licensed by the Department of Health Services  
 Office of Long Term Care licensing  
**602-365-2536**

**Active Senior Living Guide and Senior Care Center Guide** is free and available at many locations  
**480-984-1770**  
[www.azseniors.com](http://www.azseniors.com)

## Part Six Community Based and Specialized Services For Seniors

**Senior Centers & Adult Centers**

Activities, information, referral services, lunchtime meals and other programs to help older persons remain active.

Ajo	520-387-5040
Ahwatukee	480-893-6835
Apache Junction	480-982-3223
Avondale	623-932-9440
Benson	520-586-9775
Buckeye	623-386-2588
Bullhead City	928-763-0193
Cashion	623-936-9766
Casa Grande	520-421-8760
Chandler	480-782-2720
Coolidge	520-723-4803
Deer Valley	602-495-3714

Eloy	520-466-3166
El Mirage	623-937-0500
Fountain Hills	480-816-0187
Gila Bend	602-252-3186
Gilbert	480-892-9898
Glendale	623-930-2196
Glendale-NW Center	623-262-4791
Glendale YWCA	623-931-4700
Glendale Valley West	623-931-7436
Globe	928-425-9030
Goelet A.C. Beuf	602-534-9740
Green Valley	520-625-2273
Guadalupe	480-730-3092
Hayden	520-356-7035
Imperial Gardens Japanese Center-Glendale	623-931-7436
Kingman	928-757-2778
Lake Havasu	928-453-0715
Marana	520-682-3324
Mesa	480-962-5612
Mesa-East	480-218-2221
Miami	928-473-4190
New River	623-465-0367
Native American Sr. Center	602-279-5262
Oracle	520-896-9315
Page	928-645-2600
Paradise Valley	602-495-3785
Payson	928-474-4876
Peoria	623-979-3911
Phoenix-Casa de Primavera	602-272-0054
Phoenix-Chinese Ctr.	602-262-6411
Phoenix-Desert West	602-495-3709
Phoenix-East Center	602-262-7305
Phoenix-Jewish Comm.	602-242-1999
Phoenix-Laura Danelli	602-251-2007
Phoenix-Luke Krohn	602-262-6835
Phoenix-Manzanita	602-262-4949
Phoenix-MarcosDeNiza	602-262-7249
Phoenix-McDowell	602-262-1842
Phoenix-Santa Rosa	602-242-2258
Phoenix-Shadow Mtn.	602-534-2307
Phoenix-Squaw Peak	602-262-7807
Phoenix-South Mtn.	602-262-4093
Phoenix-West Center	602-262-6610
Phoenix-Westside	602-262-7305
San Luis	928-627-9660
Scottsdale	480-312-2375
Scottsdale-Via Linda	480-312-5810
Somerton	928-627-8020

Sun City-Olive Branch	623-974-6797
Sunnyslope	602-262-7572
Superior	520-689-5182
Tempe-Concord	480-990-1875
Tempe-Escalante	480-350-5870
Tempe-Pyle Adult	480-350-5211
Tolleson	623-936-1900
Topock	928-768-2421
Tucson-Archer	520-791-4353
Tucson-Armory Park	520-791-4865
Tucson-El Pueblo	520-791-5155
Tucson-El Rio	520-791-4683
Tucson-Jacobs	520-791-4355
Tucson-Northwest	520-791-3249
Tucson-Pascua	520-791-4609
Tucson-Quincie	520-791-2507
Tucson-Richey	520-795-9671
Wickenburg	623-684-7984
Winslow	928-289-3341
Wittman	623-388-2683
Yuma	928-373-5245

Arizona Senior Center Association, Inc.

[www.arizonaseniors.net/](http://www.arizonaseniors.net/)

Arizona Senior World Newspaper  
[www.worldwideseniors.com](http://www.worldwideseniors.com) 602-438-1566

Elderhostel – non-profit educational and travel organization for adults 55 and over

[www.elderhostel.org/](http://www.elderhostel.org/)

Volunteer Income Tax Assistance for Elderly  
 602-207-8619 602-207-8686

### **Companion Animals**

AZ Animal Welfare League	602-273-6852
AZ Humane Society	602-997-7586
Companion Animals	602-258-3306
AZ Greyhound Rescue	520-886-7411
Pets on Wheels of Scottsdale	480-735-6886
Pets and owners visit homebound individuals and those in nursing homes and hospitals	
Handi-Dogs – training dogs to assist older adults	520-326-3412
AZ Adopt A Greyhound	602-371-6935

### **Dial-A-Ride**

Dial-A-Ride provides transportation for those who are unable to access local bus service.

East Valley	480-633-0101
El Mirage	623-937-0500

Glendale	623-930-3500
Guadalupe	480-336-6699
Maricopa County	623-934-4256
Miami	928-473-4403
Paradise Valley	602-253-5000
Peoria	623-773-7435
Phoenix	602-253-5000
Sun City	623-977-8363
Surprise	623-583-1688
Tucson	520-620-1234
Yuma	928-539-7076

### **Disability License Plates**

Motor Vehicle Division  
602-255-0072  
520-629-9808  
1-800-251-5866

### **Part Seven Advocacy Groups and Organizations**

AARP AZ State Office	1-800-389-5649
<a href="http://www.aarp.org/az">www.aarp.org/az</a>	
Administration of Resources and Choices	520-327-2665
AZ Community Action Assoc.	
<a href="http://www.azcaa.org">www.azcaa.org</a>	602-604-0640
Elder Care and Life Cycle Resources,	
University of AZ	520-621-9683
Alzheimer's Association Desert Southwest	
Chapter	602-528-0545
National Academy of Elder Law Attorneys	
<a href="http://www.NAELA.org">www.NAELA.org</a>	520-881-4005
Elder Craftsmen	212-319-8128
<a href="http://www.eldercraftsmen.org">www.eldercraftsmen.org</a>	
Foundation for Senior Living	602-285-1800
Gray Panthers	1-800-280-5362
<a href="http://www.graypanthers.org">www.graypanthers.org</a>	
Gerontological Society of America	
<a href="http://www.geron.org">www.geron.org</a>	202-842-1275
National Asian Pacific Center on Aging	
<a href="http://www.napca.org">www.napca.org</a>	206-624-1221
National Association for Hispanic Elderly	
<a href="http://www.anppm.org">www.anppm.org</a>	626-564-1988
National Caucus and Center on Black Aged,	
Inc.	202-637-8400
<a href="http://www.ncba-aged.org">www.ncba-aged.org</a>	

National Hispanic Council on Aging	
<a href="http://www.nhcoa.org">www.nhcoa.org</a>	202-429-0787
National Interfaith Coalition on Aging/National	
Council on Aging	
<a href="http://www.ncoa.org">www.ncoa.org</a>	202-479-1200
National Indian Council on Aging	
<a href="http://www.nicoa.org">www.nicoa.org</a>	505-292-2001
National Institution on Aging	
<a href="http://www.nih.gov/nia/">www.nih.gov/nia/</a>	1-800-222-2225
National Resource Center on Native American	
Aging	1-800-896-7628
<a href="http://www.med.und.nodak.edu/depts/rural/nrcnaa">www.med.und.nodak.edu/depts/rural/nrcnaa</a>	
Native American Sr. Org.	602-279-5262x270
<a href="http://www.nachci.com">www.nachci.com</a>	
Older Women's League	202-783-6686
<a href="http://www.owl-national.org">www.owl-national.org</a>	

### **Part Eight Employment and Volunteer Opportunities for Seniors**

Age Works, Area Agency on Aging	
	602-264-4357
Aging & Adult Administration, DES	
	602-542-4446
Older Workers Program/City of Phoenix	
	602-256-3358
Foundation for Senior Living	602-870-8337
Older Adult Service and Information System	
(OASIS)	480-994-1528
Native American Sr. Org.	602-279-5262x270
Experience Plus	602-246-0260

**AARP Working Options** – career changes, job search, discrimination, self-employment  
[www.aarp.org/working\\_options/home.html](http://www.aarp.org/working_options/home.html)

**Foster Grandparent Program** – DES  
program provides men and women who are at least 60 years old and on a limited income with an opportunity to work with children/youth with exceptional and special needs

Phoenix	602-542-6365
Flagstaff	928-523-6584
Glendale	623-776-0203
Navajo Nation	928-871-6873
Tucson	520-723-4151 x1261



### **Opportunity Corps/Adopted grandparents –**

AAA program that places teams of seniors, age 55 and older, in elementary schools where they assist with programs such as student tutoring, music lessons and after-school programs

[www.aaaphx.org](http://www.aaaphx.org) 602-264-2255

Go 60 – internet resources for seniors, older worker issues, employment of seniors

[www.go60.com/](http://www.go60.com/)

Senior Community Service Employment Program (SCSEP) – U.S. Dept. of Labor part-time employment program for low-income persons age 55 or over

<http://doleta.gov/seniors/>

The SCSEP in Arizona is administered by the Department of Economic Security Aging and Adult Administration 602-542-4446

[www.de.state.az.us/](http://www.de.state.az.us/)

Senior Job Bank – a non-profit referral service with links for seniors

[www.seniorjobbank.com/](http://www.seniorjobbank.com/)

### **Retired Senior Volunteer Program (RSVP)**

National Community service program for adults 55 and over to volunteer in communities in over a hundred community activities such as building houses, tutoring children, planting gardens and more.

East Valley 480-775-1466x117

Gila- 928-689-5004

Phoenix 602-264-2255

Flagstaff 928-523-6585

Wilcox 520-384-0665

Tucson 520-790-7262

Yuma 928-782-1886

[www.seniorcorps.gov](http://www.seniorcorps.gov)

### **Silver Haired Legislature**

Non-partisan legislature holds an annual session to present, debate and vote on various issues. Up to three legislators from each of 30 districts, at least 60 years of age, will be elected to serve two-year terms. To participate call Area Agency on Aging, Region One at 602-264-2255.

### **Senior Companions**

Senior Companions volunteer to spend time with adults who need extra assistance to live independently in their own homes or communities. They serve frail, older adults, adults with disabilities, those with terminal illnesses, and offer respite for caregivers.

Phoenix 602-256-3353

Tucson 520-327-4583x321

Flagstaff 928-523-6584

AZ Senior Olympics

[www.seniorgames.org](http://www.seniorgames.org)

Seniors Helping Seniors 602-331-3020

Volunteer Interfaith Caregivers 602-285-0543

## **Part NINE Life's Transitions**

### **Grandparents Raising Grandchildren**

AARP Grandparent Information Center

1-888-OURAARP

[www.aarp.org/grandparents](http://www.aarp.org/grandparents)

Beatitudes Center Developing Older Adult Resources

602-274-5022

[www.centerdoar.org](http://www.centerdoar.org)

DES Family Assistance Administration

602-542-9935

1-800-353-8401

Generations United 202-638-1263

[www.gu.org](http://www.gu.org)

Grandparents Raising Grandchildren,

U of A Cooperative Extension

[www.ag.arizona.edu/extension](http://www.ag.arizona.edu/extension)

520-621-7205

Grandparents United for Children's Rights Inc.

608-236-0480

Grands Place – state by state resource map –

[www.grandsplace.com/](http://www.grandsplace.com/) 860-763-5789

Grandparents – enriching the lives of grandparents and grandchildren

[www.igrandparents.com/](http://www.igrandparents.com/)

### **Hospice**

Hospice is for patients who have a terminal illness and have decided to shift the focus of care from cure to comfort.

[www.arizonahospice.org](http://www.arizonahospice.org)

## AZ Hospice and Palliative Care

	480-967-9424
Banner Hospice Care	1-800-293-6989
Boswell Memorial Hospital	623-977-7211
Casa de la Luz Hospice (Tucson)	520-544-9890
Carondelet Hospice (Tucson)	520-205-7700
Chandler Health Care	480-625-7777
Del E. Webb Memorial Hospital	623-214-4000
Dignita Hospice (Phoenix)	602-279-0677
Dignita Hospice (Tucson)	520-293-0050
Highway Christian Hospice (Maricopa)	602-274-1952
Hospice Family Care	480-461-3144
Hospice Family Care (Peoria)	623-875-8080
Hospice Family Care (Prescott)	1-888-534-5222
Hospice Family Care (Tucson)	1-800-839-3288
Hospice Family Care (Sun City)	623-876-9100
Hospice Family Care (Mesa)	480-807-2655
Hospice of Arizona (Maricopa)	602-678-1313
Hospice of Havasu	928-453-2111
Hospice of the Valley	602-530-6900
Hospice of Yuma	928-343-2222
Northern Arizona Hospice	928-773-2244
Northland Hospice	928-779-1227
Odyssey Homecare and Hospice of Phoenix (Maricopa)	602-279-0677
RTA Hospice (Payson)	928-472-6340
RTA Hospice (Casa Grande)	520-421-7143
RTA Hospice (Phoenix)	602-712-1000
Casa de la Paz Hospice (Sierra Vista)	520-458-4641
	1-800-880-0088
Sun Health Hospice	623-975-8340
Trinity Hospice (Maricopa)	602-351-2233
	1-888-763-0700
Tucson Medical Center Hospice	520-324-2438
Vista Care Hospice (Phoenix)	602-648-6911
Western Regional Medical Center Hospice (Bullhead City)	928-763-2273
Yavapai Regional MC Hospice	928-759-5910

## Part TEN Internet Sites for Seniors

AgeNet – consumer information for seniors and caregivers

[www.agenet.com/](http://www.agenet.com/)

Alliance for Retired Americans – a way for retired union members to make their voice heard

[www.retiredamericans.org/](http://www.retiredamericans.org/)

Double Nickels 55 – electronic magazine for active adults

[www.doublenickels.com/](http://www.doublenickels.com/)

ElderWeb – News, directories, calendars, timely information, special reports

[www.elderweb.com/](http://www.elderweb.com/)

50 Plus – information on exercise and fitness while aging

[www.50plus.org/](http://www.50plus.org/)

FirstGov for Seniors – Maintained by Social Security Administration, news, links to federal portals and agencies

[www.seniors.gov/](http://www.seniors.gov/)

Friendly4Seniors – database of over 2000 Senior-related listings

[www.friendly4seniors.com/](http://www.friendly4seniors.com/)

Multicultural Aging Network – a constituent Group of the American Society on Aging

[www.asaging.org/networks/diversity/manhome.cfm](http://www.asaging.org/networks/diversity/manhome.cfm)

National Aging Information Center – from the Administration on Aging

[www.aoa.dhhs.gov/naic/default.htm](http://www.aoa.dhhs.gov/naic/default.htm)

National Council of Women's Organizations Women and Social Security Project – nonpartisan network of over 100 women's organizations

[www.women4socialsecurity.org/](http://www.women4socialsecurity.org/)

Online 96 – senior citizen resources on the Internet – [www.online96.com/seniors/](http://www.online96.com/seniors/)

Senior Net – non-profit resource for adults 50+ on education and computer technology

[www.seniornet.com/](http://www.seniornet.com/)

Seniors Search – finance, health, travel and

Senior Something – guide to sites for seniors

[www.seniorsomething.com/](http://www.seniorsomething.com/)

Senior Women Web – Culture, arts, home, shopping, money, news and issues

[www.seniorwomen.com/](http://www.seniorwomen.com/)

Suddenly Senior -links to the 111 best senior sites, changed weekly

[www.suddenlysenior.com/links.html](http://www.suddenlysenior.com/links.html)

Third Age – News, activities, health, travel, style for seniors – [www.thirdage.com/](http://www.thirdage.com/)

Today's Seniors – News and information for seniors – [www.todaysseniors.com](http://www.todaysseniors.com)

Wired Seniors – Senior Citizen resource center with over 5,000 links

[www.wiredseniors.com/](http://www.wiredseniors.com/)

The Office of the Attorney General does not endorse the external Web sites, commercial products or services listed above. The Office of the Attorney General does not accept responsibility for the information contained within the Web sites nor does it maintain/monitor these sites.

**Office of Attorney General  
Terry Goddard  
Child and Family Protection Division**

The information in this guide was current in September 2005. Phone numbers and information may change. Consult the phone book, Internet search engines or other sources for the information you need.